



Feeding Your Baby

6 Through 12
Months

A Daily Guide to Feeding Your Baby

	6 Months	7 Months	8-10 Months	10-12 Months
Breastfeeding (on demand) or iron-fortified formula	4-6+ feedings 26-32 ounces	4-6+ feedings 26-32 ounces	4-6+ feedings 24-32 ounces	4-6+ feedings 24-32 ounces
Iron-fortified baby cereals (mix with breastmilk or formula)	4-8 Tbsp. or more	6-8 Tbsp. or more	4-8 Tbsp. or more	4-8 Tbsp. or more
Vegetables	3-4 Tbsp. or more	4-8 Tbsp. or more	4-8 Tbsp. or more	6-8 Tbsp. or more
Fruits	1-3 Tbsp.	4-8 Tbsp. or more	4-8 Tbsp. or more	6-8 Tbsp. or more
Fruit juices (no citrus)	2-4 ounces	2-4 ounces	4 ounces	4-6 ounces
Meat & meat substitutes	NONE	1 tsp. to 2 Tbsp.	1-6 Tbsp.	2-8 Tbsp. or more
Egg	NONE	yolk only	yolk only	whole egg at 12 months
Dried beans (soft, no skins, and thinned)	NONE	may add	as desired	as desired
Water	NONE	4-8 ounces	4-8 ounces	4-8 ounces
Dry toast or zwieback	NONE	as needed	as needed	½ to 1 slice
Macaroni, rice, and noodles	NONE	NONE	2-3 servings	2-3 servings
Cheese: cottage cheese and mild yellow	NONE	NONE	may add	as desired
Yogurt (plain, no seeds, or skins)	NONE	NONE	may add	as desired

Introduction

♥Feeding Your Baby: 6 Through 12 Months is a guide which provides nutrition information for the physical and mental development of your baby.

♥Eating habits are formed at a very early age. You can help your baby develop good eating habits by making nutritious foods available in a pleasant setting.

♥This booklet is only a guide. Each baby's eating pattern varies according to growth rate, age, activity, and many other factors.

♥If you have any questions about the information in this guide, ask your dietitian, nutritionist, or doctor.

Feeding Tips for 6 Months

♥Babies learn to eat what is offered and what they see others eating. Be a good example for your baby. Providing a variety of healthy food at an early age helps form good, lifelong eating habits.

♥Use a cup that your infant can hold easily. If you can, let your baby try using a cup with and without handles to see which works better.



At 6 to 7 Months, add...

Fruits

♥Begin with one tablespoon of strained fruit and increase to three tablespoons. Try the same fruit for seven days before trying another fruit. Watch for any allergic reactions such as diarrhea, vomiting, and skin rash.

At 7 Months, add...

Meats

♥Add meats. Begin with one teaspoon of plain, strained meat and gradually increase to two tablespoons.

♥Buy plain, single-ingredient strained meats such as chicken, beef, or liver. Vegetable-meat combination dinners do not provide enough protein and iron.

♥Your baby does not need added seasonings or fat.



Dried Beans

♥Beans are good substitutes for meat. Cook the beans until soft. Do not add seasonings or fat. Put the cooked beans through a sieve to remove the skins. Thin with the cooked bean juice.

Egg Yolks

♥Use the cooked yolk (yellow part of the egg) only. Because of possible food allergy, wait until your baby is one year old before feeding egg whites.

♥ Mash the hard-cooked yolks with a fork and mix with a little breastmilk or formula.

♥ Begin with one teaspoon of egg yolk and gradually increase the amount given.



Feeding Tips For 7 Months

♥Never allow your baby to sleep with a bottle. This can lead to choking, ear infections, and tooth decay.

♥Baby foods should be served warm, not hot. Egg yolks and strained meats heat quickly and can become super-heated in a microwave. A microwave should not be used to heat breastmilk, formula, or baby foods. Microwaves heat unevenly. Some parts of the food may feel warm while other parts can be scalding.



At 8-10 Months, add...

Grains

♥Begin to offer macaroni, noodles, and crackers.

Yogurt and Cheese

♥Begin to offer plain yogurt, without seeds or fruit skins, and mild cheeses.

Feeding Tips For 8-10 Months

♥Continue to encourage your baby to feed himself small pieces of cooked vegetables and fruits. Also offer tender chicken, crumbled hamburger, soft meatloaf, tuna fish, and tender strips of beef and pork.

♥You do not need to limit the fat in your baby's diet at this age. However you do not need to add extra fat to your baby's foods either.



Feeding Tips For 8-10 Months

Continued

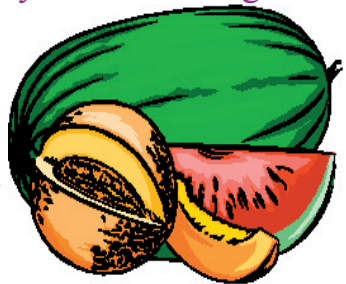
♥ Serve foods that are easy for your baby to grab and put into his mouth. Make sure the pieces are small enough so that your baby will not choke.

♥ Serve a new food with familiar foods. Your baby is more likely to try a new food when he is happy and alert.

Feeding Tips For 10-12 Months

♥ Your baby should be eating most foods from the table. Babies will be learning to self-feed. They will be picking food up with their fingers, and may be practicing with a spoon. Expect your baby to be messy while learning to self-feed.

♥ Try these table foods: cooked, soft carrots (quarter carrot coins); cooked green beans; banana slices; canned or ripe, soft peaches and pears; watermelon; ripe, soft cantaloupe; cheese slices or cubes; crackers; cooked macaroni; soft bagels and dry toast.



♥ Continue to breastfeed for as long as you and your baby decide. It is good to breastfeed for longer than a year.

♥ Toward the end of the first year, your baby's growth will begin to slow a bit. You will notice that your baby may not drink as much breastmilk or formula, and may seem to have many likes and dislikes. This period may last a few months or longer.



♥If your child does not like or doesn't want to try certain foods, continue to offer them once in a while and encourage but don't force him to eat them. Your child's taste for food can change. Sometimes just seeing a food several times will make your child curious to try it.

♥Healthy snacks should be offered between, but not too close to mealtime. Good choices include crackers, fruit, vegetables, cheese, and cereal. Limit sweets and chips as snacks.

♥Avoid round or hard foods that may cause choking, such as hot dogs, grapes, nuts, hard candy, raisins, apple pieces, popcorn, and raw carrots, cauliflower, and radishes.



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